

Advice to modify the fibre content of your diet

Nutrition and Dietetics

Information for Patients

Produced: June 2025

Review: June 2028

Leaflet number: 1623 Version: 3

What is fibre?

Fibre is the part of plant-based foods that is not completely broken down (digested) by the gut.

Why has it been suggested I follow a modified fibre diet?

You may have been advised to modify the fibre content of your diet to help manage your bowel function for a few reasons, such as:

- Bowel obstruction or blockage
- Active inflammatory bowel disease
- Newly formed stomas
- Fistulating or structuring Crohn's disease

A modified fibre diet will reduce the amount of undigested food in your gut. This will lower the risk of bowel obstruction. Fibre helps to soften poo and makes it easier to pass. Lowering fibre can help to slow the amount of poo that comes out of a new stoma or fistula.

How long do I have to follow this diet for?

Low fibre diets are usually short-term. This can vary from person to person. Your Dietitian or health care team will help you with this. The amount of fibre that you can have in your diet will be increased over time, if that is right for you. You may need to avoid some high fibre foods long term.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What foods are high and low in fibre?

Fibre is found in foods such as bread, pasta, beans, pulses, nuts, rice, fruits and vegetables. Your dietitian will help you to adjust the amounts of these foods if you are on a modified fibre or low fibre diet.

Pages 3 to 5 list suitable food and drink to include depending on the level of restriction needed.

Remember that fibre content will vary with different brands, portion sizes, toppings and ingredients.

	Low	Moderate	High
Cereals	Cornflakes® Frosted cornflakes Puffed rice cereal (including chocolate coated puffed rice) <i>Any baked foods made from refined flour (white flour)</i>	Puffed wheat Barley cereal	All Bran Bran flakes® Shredded wheat Weetabix® Fruit and fibre cereal Muesli Granola Crunchy Nut Cornflakes® Porridge Ready Brek® <i>Any cereal containing Nuts, seeds or dried fruit</i>
Bread products	Products made with white flour: White bread Soft roll Sliced bread English muffin Naan bread Chapatti Paratha Rice flour	Crusty bread (for example, crusty white roll or French stick) 50:50 bread Ciabatta White Bagel White Tortilla Crumpet Croissant Rye bread Maize flour	Products made with wholemeal flour: <ul style="list-style-type: none"> • Brown bread • Wholemeal bread • Granary • Pitta • Sliced bread • Rolls Wraps • Brown bagel • Peshwari naan • Dosa Seeded bread Soya flour products
Potatoes The skin is the highest fibre part of the potato. Make sure you remove this to reduce the fibre content. Potatoes are also more difficult to digest if they've been cooked and cooled. Frozen and formed potato products should be eaten in moderation.	Skin removed: <ul style="list-style-type: none"> • Roast potatoes • Mashed potato • New potato • Jacket potato 	Skin removed: <ul style="list-style-type: none"> • Sweet potato Potato wedges Oven or fried chips Frozen potato shapes	Skin on jacket potato Skin on sweet potato Skin on new potatoes
Pasta, rice and grains	Well cooked: <ul style="list-style-type: none"> • White pasta • White rice (basmati)/ Pilau rice • Risotto rice • Noodles (rice/ egg) 	Brown rice Couscous	Whole wheat pasta Wild rice Quinoa Pearl Barley

	Low	Moderate	High
Meat, fish and other choices	Tender/soft meat: Chicken Turkey Pork Beef Lamb Fish (no bones) tinned or fresh Tofu Eggs Make sure that any meat products are lean, tender and soft	Quorn®/ soya products (be mindful of coatings/toppings (such as breadcrumbs) which may fall into the high-fibre category)	Fish with bones Pork scratchings Meats with gristle/rind Beans and pulses <ul style="list-style-type: none"> Baked beans Chick peas Lentils / dhal Kidney beans Butter beans Broad beans Cannellini beans Black beans
Dairy and other choices	Milk (cow, goat, sheep) Cheese (avoid cheese with fruits & nuts) Paneer Cream Custard Smooth yoghurt (no fruit pieces) Soya milk Almond milk Oat milk		Yoghurt with fruit pieces, nuts, seeds, oats and granola Weetabix® breakfast drinks Cheese with seeds, nuts, or fruit Ice cream containing nuts
Fruit Peeling fruit and making sure that any pith and/or seeds are removed will lower the fibre content. Be mindful of portion sizes!	Tinned peaches Tinned pears Apple, peeled, seeds removed and cooked Stewed fruit e.g. apples, pears, plums (all without skins). Avoid stewing fruit with seeds such as raspberries	Oranges (get rid of as much pith as possible) Grapes Apple (peeled, uncooked) Blueberries Ripe (yellow) banana Pears (peeled) Peach (peeled) Strawberries Raspberries	Dried fruit Pineapple Pomegranate seeds Low/medium fibre fruit with skin and seeds left on Unripe fruit
Vegetables Peel where possible or avoid stalks, stringy parts	Well cooked, peeled root vegetables Swede Parsnip Turnip Carrots Skinless and seedless tomato sauce e.g. passata or tomato puree	Well cooked, peeled vegetables Tinned tomatoes (sieved) Green cabbage Cauliflower Broccoli Cucumber Lettuce	Peas Sweetcorn Onion Tomatoes Green Beans Mangetout Coleslaw Mushrooms Celery Low/medium fibre vegetables with skin/ seeds

	Low	Moderate	High
Sweet products *Fibre content will vary depending on filling	Rich Tea biscuits Shortcake biscuits Ginger biscuits Chocolate digestives Jaffa cakes Jam filled biscuit Biscuits and cakes made with white flour Plain puddings, custard, jelly, semolina, rice pudding Shortbread Wafers Milk/dark/white chocolate Caramel Marshmallows Doughnut Ice cream Rice pudding Apple pie/ crumble Jelly Mousse Chocolate spread Madeira sponge Chocolate muffin Plain scone	Digestive biscuits Custard creams Bourbon biscuits Chocolate chip cookies	Malt bread/loaf (with dried fruit) Fruit cake or scone Carrot Cake Flapjack Tiffin Mince pie Christmas cake / pudding Fruit pies/crumbles with higher-fibre fruits e.g. blackberries or rhubarb Fruit trifle Any desserts/chocolate/biscuits/cereal bars which contain nuts, seeds or dried fruit Jams with seeds or peel
Savoury products *Fibre content will vary depending on filling	Quavers Wotsits Skips Prawn crackers Yorkshire pudding Pancakes Dumplings Cheese scone Bovril Marmite	Olives Potato crisps Puri Sausage rolls Rice cakes Cream crackers Pastry (shortcrust/filo/flaky) Hummus Pizza* Quiche* Spring rolls*	Tortilla chips Twiglets Bombay mix Popcorn Poppadom Rye Crisp bread Oatcakes Peanut butter (smooth or crunchy) Nuts Seeds Pork Scratchings Chutneys Pickles Relish Sauerkraut Horseradish Snacks containing nuts Wholemeal crackers
Drinks	Water Teas Coffee Squash (cordial) Fizzy drinks Horlicks	Smooth fruit juice	Smoothies Fruit juice 'with bits' Juice with pulp or seeds

Tips for keeping fibre content low

The fibre content of some fruit and vegetables can be reduced as follows:

- Remove any pith, pips, skin or seeds
- Cooking foods well will help to break down the fibre. Well-stewed, peeled apple will be lower in fibre than an uncooked, unpeeled apple.
- Be mindful of your portion sizes. Mixing a few low fibre foods may add up to a medium or even high-fibre meal!

This list is just a guide to help you. Some foods might be a little different depending on the brand. If you have more questions, you can ask your dietitian for help.

If you need a low fibre diet for more than a few weeks, a dietitian need to **keep track of** your progress. This is to make sure you are not missing out on any essential nutrients. If you have not been seen by a dietitian, please talk to your consultant or GP.

Contact details

Dietitian name

Contact number

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં ઇચ જાણવારી કિમે હેર જામ્મા વિચ ચાહુંદે હે, ડાં વિચખા વચ્ચે હેઠાં દિંતે ગદે નંબર 'ਤੇ ટેલીફોન કરો।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk